

The listing of the claims will replace all prior versions, and listings, of claims in the application:

**Listing of Claims:**

Claims 1-8 (Canceled).

Claim 9 (New): A machine for physical and mental preparation of the body prior to the practice of sports, consisting of a structure which vibrates in its entirety, a vertical and rectangular section with vertical sides or edges consisting of parallel tubular bars which bend at a right angle to form the parallel edges of a horizontal rectangular platform or base for the placing of the feet, which has supporting feet on its underside at the four corners equipped with anti-vibratory rubber stoppers at the ends to keep the machine fixed to the floor and prevent the transmission of vibrations to the same.

Claim 10 (New): The machine as described in claim 9, wherein the two parallel vertical tubular bars are each finished off at the top end with a ball or spherical figure which

transmits the vibrations in their entirety to the hands which are placed upon them. These spheres may also be decorated.

Claim 11 (New): The machine as described in claim 9, wherein between the two vertical tubular bars are two separated parallel horizontal or vertical bars which may be used according to the height of the user to receive the vibrations without losing efficiency.

Claim 12 (New): The machine as described in claim 9, wherein below these horizontal bars are another two parallel bars, above which is an empty space which may be used to place a sign with the instructions for use of the machine or any other kind of drawing, including advertising.

Claim 13 (New): The machine as described in claim 9, wherein between the two lower horizontal bars an external vibrating motor is attached, which functions based on the movement of unequal masses, in such a way that the weight of the masses is adequate for the function to be carried out.

Claim 14 (New): The machine as described in claim 9, wherein below the horizontal bar supporting the motor the vertical parallel bars bend at a right angle to form the base or platform of the machine, which also vibrates to enable application of the machine to the whole body, from head to foot.

Claim 15 (New): The machine as described in claim 9, wherein the exterior of each side of the upper section and the exterior of each side of the base or platform is attached by way of diagonal steel bars.

Claim 16 (New): The machine as described in claim 9, wherein both the horizontal and vertical structure of the machine is protected by U shaped caps which are screwed to the structure.

Claim 17 (New): The machine as described in claim 9, wherein the four feet which support the lower platform or base are each equipped with anti-vibratory rubber stoppers at the bottom ends.

Claim 18 (New): The machine as described in claim 9, wherein it may be attached to the floor by placing a horizontal structure on the base with the same dimensions as the underside of the

machine, and attachment to the underside of plates equipped with holes for the insertion of screws, with a minimum of four anti-vibratory rubber stoppers being inserted between the two structures to enable the machine to continue carrying out its function of a vibrating structure.

Claim 19 (New): The machine as described in claim 9, wherein the motor which produces the vibrations for the entire machine receives the necessary power supply and starts functioning after inserting a coin into a deposit, with a recognition system activating a frequency variator which determines the frequency in hertz and the power supply sent the motor for the duration selected by way of a timer incorporated in the deposit. This deposit is attached independently to the structure to prevent the transmission of vibrations.